

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/07/2019																
High School Breakfast	Total	201														
MUFFIN, ASSORTED	1 EACH	100	221	32	127	2.95	1.03	49.2	91	*0.0	18	3.74	37.99	6.1	1.28	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH, COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			420	*29	293	*5.02	*2.66	*475.4	*1046	*20.91	56	14.13	78.53	*6.03	*2.10	*0.00
% of Calories											53.5%	13.5%	74.8%	*12.9%	*4.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/08/2019																
High School Breakfast	Total	201														
EGG, OMELET W/ TST/LK (K-12)	1 EACH + 1+1G	100	363	336	786	*2.29	1.79	1589.2	25005	*0.01	*1	22.73	19.04	23.33	7.02	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH, COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
ASSORTED JELLY	1 PKG	50	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			495	*180	621	*3.85	*2.79	*1234.2	*13426	*13.66	*48	23.88	69.13	*14.60	*4.96	*0.00
% of Calories											*38.6%	19.3%	55.9%	*26.6%	*9.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/09/2019																
High School Breakfast	Total	201														
FRENCH TOAST W/SAUS (HS)	4 EACH +	100	354	167	652	*2.71	2.31	101.2	*271	*N/A*	15	17.83	35.17	17.18	4.21	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	50	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SMOOTHIE, CARROTS/STRAWBERRY	9 OUNCES	50	515	4	200	3.90	2.47	223.1	4138	70.64	91	6.64	115.68	3.39	0.73	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK BOTTLED % 1 STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			611	*95	579	*5.65	*2.98	*545.9	*2092	*37.34	80	22.59	107.62	*11.37	*3.31	*0.00
% of Calories											52.4%	14.8%	70.5%	*16.8%	*4.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/10/2019																
High School Breakfast	Total	301														
CINNAMON ROLL W/GLAZE	2 EACH	100	288	0	154	3.37	*7.08	*30.3	*102	*0.0	*32	5.78	62.83	1.13	0.56	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
BAGEL MINI STRWBER CR CH SE IW	2.43 OZ	50	230	10	180	2.00	1.08	20.0	100	0.0	13	6.0	41.02	6.0	2.50	0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	200	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	10	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED %1 LOWFAT	8 OZ	50	100	10	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED % 1 STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	25	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			327	*6	202	*3.26	*3.83	*211.4	*583	*13.74	*44	8.74	67.57	*2.50	*1.08	*0.00
% of Calories											*53.3%	10.7%	82.7%	*6.9%	*3.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Oct 7, 2019 thru Oct 25, 2019

High School Breakfast

001 - Flour Bluff High School

Generated on: 8/15/2019 3:21:54 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 10/11/2019</b>																
High School Breakfast	Total	201														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 STICK-2.51 OZ	100	210	20	371	1.00	1.08	20.0	50	0.0	8	6.01	20.04	11.02	3.01	0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	125	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	25	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			379	*20	377	*3.54	*2.64	*347.7	*832	*18.81	46	12.23	64.21	*8.17	*2.77	*0.00
% of Calories											48.2%	12.9%	67.8%	*19.4%	*6.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	
<b>Mon - 10/14/2019</b>																
High School Breakfast	Total	201														
BAGEL MINI STRWBER CR CH SE IW	2.43 OZ	100	230	10	180	2.00	1.08	20.0	100	0.0	13	6.0	41.02	6.0	2.50	0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	125	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	125	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			384	*16	292	*3.33	*2.44	*378.8	*902	*13.06	46	13.46	71.47	*5.67	*2.52	*0.00
% of Calories											48.1%	14.0%	74.5%	*13.3%	*5.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/15/2019																
High School Breakfast	Total	201														
PANCAKE, MAPLE MINIS (HS)	6 PIECES	100	361	50	562	6.03	3.61	40.2	*N/A*	*N/A*	8	12.05	30.12	18.07	5.02	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	100	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			536	*36	508	*6.55	*3.94	*433.6	*960	*20.62	60	17.27	87.89	*11.67	*3.78	*0.00
% of Calories											45.0%	12.9%	65.5%	*19.6%	*6.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/16/2019																
High School Breakfast	Total	201														
CROISSANT, HAM, EGG & CHEESE	1 EACH	100	301	30	532	2.01	1.45	200.9	301	*N/A*	7	16.07	33.15	12.05	3.01	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	60	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
PARFAIT, MIXED FRUIT (HS)	4 OZ	40	329	*3	*113	*5.33	*2.53	*117.1	*568	*40.62	*27	7.63	68.88	4.11	*0.51	*0.00
FRUIT FRESH O&R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			489	*27	*475	*4.60	*2.38	*520.8	*1100	*20.41	*51	20.83	81.89	*9.24	*2.84	*0.00
% of Calories											*41.8%	17.0%	67.0%	*17.0%	*5.2%	*0.0%
Nutrient Guideline			450-600		640											<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 5

Oct 7, 2019 thru Oct 25, 2019

High School Breakfast

001 - Flour Bluff High School

Generated on: 8/15/2019 3:21:55 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/17/2019																
High School Breakfast	Total	201														
DONUT HOLE WG W/H. GLAZE	6 BITES	125	286	*N/A*	300	*2.00	*1.44	*11.5	*N/A*	*N/A*	7	*4.0	31.42	*16.0	*7.00	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	75	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			463	*11	383	*4.69	*2.58	*415.3	*884	*19.97	49	*13.60	75.03	*12.47	*5.60	*0.00
% of Calories											42.5%	*11.7%	64.8%	*24.2%	*10.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/18/2019																
High School Breakfast	Total	201														
PANCAKE MINIS W/BACON	1PKG + 2	100	238	*16	396	*3.25	*2.43	*45.0	*500	*0.0	*6	6.83	*35.99	7.87	0.87	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			441	*19	420	*4.33	*3.11	*428.6	*1183	*13.36	*52	14.97	*81.21	*6.60	*1.71	*0.00
% of Calories											*47.5%	13.6%	*73.7%	*13.5%	*3.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/21/2019																
High School Breakfast	Total	201														
CINNAMON ROLL MINI IW	1 PACKAG	100	240	0	299	2.00	1.44	20.0	75	0.0	15	4.99	39.93	6.99	1.50	0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			447	*14	375	*4.55	*2.86	*454.6	*1012	*20.62	57	14.63	82.24	*7.15	*2.58	*0.00
% of Calories											51.2%	13.1%	73.7%	*14.4%	*5.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/22/2019																
High School Breakfast	Total	201														
BKF PATTY BRD, HAM/EGG/CHS	1 BAR	100	375	*70	779	1.75	*0.72	*40.0	*15	*0.0	*2	10.51	32.67	22.89	11.14	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O&R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			509	*49	615	*3.58	*2.26	*457.2	*968	*13.36	*49	17.67	76.41	*15.06	*7.38	*0.00
% of Calories											*38.3%	13.9%	60.0%	*26.6%	*13.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/23/2019																
High School Breakfast	Total	201														
CONCHA, ASSORTED	1 EACH	75	189	5	85	2.99	1.44	39.9	*100	2.39	8	3.99	32.89	5.98	2.49	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	75	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
KOLACHE, PK/CK/BF & CHEES E IW	1 EACH	50	110	20	199	1.32	0.79	35.3	441	1.06	3	3.53	13.68	4.41	1.32	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			413	*21	289	*4.89	*2.42	*462.9	*1068	*21.12	52	14.35	75.40	*6.84	*3.07	*0.00
% of Calories											50.7%	13.9%	73.0%	*14.9%	*6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/24/2019																
High School Breakfast	Total	201														
WRAP, TURKEY SAU, EGG & C HEESE	1 EACH	125	199	45	358	1.99	5.38	99.6	299	3.58	1	8.96	21.91	9.96	4.98	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	75	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SAUCE, TACO PKG	2 EACH	50	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	0.00
Weighted Daily Average			437	*42	486	*3.84	*4.78	*493.8	*1095	*14.94	48	17.85	71.69	*9.71	*4.91	*0.00
% of Calories											44.0%	16.3%	65.6%	*20.0%	*10.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/25/2019																
High School Breakfast	Total	201														
PANCAKE, MAPLE SAU. SAND WICH	1 EACH	125	140	18	327	*N/A*	1.26	40.0	*N/A*	*N/A*	*N/A*	9.07	15.7	4.69	1.57	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	75	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH, COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O&R.A (5-12)	1 EACH	150	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	50	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	100	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			457	*25	428	*2.60	*2.22	*456.7	*929	*12.71	*58	17.92	82.03	*6.43	*2.79	*0.00
% of Calories											*50.6%	15.7%	71.9%	*12.7%	*5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			454	*39	*423	*4.29	*2.92	*487.8	*1872	*18.31	*53	*16.27	*78.15	*8.90	*3.43	*0.00
											*105.3	*14.3%	*68.9%	*17.7%	*6.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		450 - 600	100%				
Cholesterol (mg)	39				Missing			
Sodium 1 (mg)	423		640		Missing			
Sodium 2 (mg)	423		570		Missing			
Fiber (g)	4.29				Missing			
Iron (mg)	2.92				Missing			
Calcium (mg)	487.8				Missing			
Vitamin A (IU)	1872				Missing			
Sugars (g)	53	46.81%			Missing			
Vitamin C (mg)	18.31				Missing			
Protein (g)	16.27	14.34%			Missing			
Carbohydrate (g)	78.15	68.89%			Missing			
Total Fat (g)	8.90	17.65%			Missing			
Saturated Fat (g)	3.43	6.80%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.